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Analysis of the Provided Training Regimen

Overview

The workout log you provided is an extremely advanced, high-volume, high-intensity strength and conditioning program. It combines elements of powerlifting, bodybuilding, Olympic lifting, calisthenics, and functional training, with an apparent focus on both upper and lower body maximal strength, muscular endurance, and overall athletic performance. The volume and weights listed are at or above elite athletic standards.

Key Features of the Program

Upper Body Strength

- Multiple pressing movements (Decline, Incline, Bench Press) with high sets and heavy weights (up to 379 lb for bench press, 7 sets of 7 reps).
- Accessory work includes Pullovers, Bent-over Rows, Chin-ups, Pull-ups, Dips, and Reverse Pushups, indicating a focus on comprehensive upper body development.
- Special mention of “Power Cheating Cheetah Curls” with extremely high weights and reps, suggesting a blend of strength and power endurance training.

Olympic and Powerlifting Elements

- Clean & Jerk and Snatch are included, though with relatively low reps, consistent with Olympic lifting protocols.
- Deadlift and Squat numbers are very high (Deadlift up to 345 lb for 3 reps, Squat up to 525 lb for 2 reps, with very high volume at lower weights).
- Accessory lower body work includes Lunges, Leg Curls, Leg Extensions, Calf Raises, and Neck training.

Functional and Calisthenic Work

- High-volume bodyweight exercises: Chin-ups, Pull-ups, Dips, Reverse Pushups.
- Core and mobility: Leg raise-ups, Tri-Set and Triple-Set routines for adductors and abductors, suggesting a focus on hip and core strength.

Triathlon Reference

- The mention of "TRIATHLON" and "MOBILITIES/DYNAMICS" implies a holistic approach, possibly integrating endurance and movement quality, though specific endurance metrics are not detailed.

No Race Walking Between Sets

- The note “So not to RaceWaLk in between exercises, repetitions, & Sets to assure Proficiency in Cardio” suggests the intent is to maintain a high intensity and minimize rest, possibly to simulate combat or athletic conditions where sustained effort is crucial.

Comparison to Military and Elite Fitness Standards

Feature	Provided Program	New Army Fitness Test (AFT) Standards [1] [2] [3] [4] [5]
Deadlift	Up to 345 lb x 3 reps, high volume	3-rep max, minimums vary (typically 140–200+ lb)
Push-Ups	High volume, multiple variations	Hand-release push-ups, max reps in 2 min
Pull-Ups/Chin-Ups	High sets/reps	Not a formal event, but often used in prep
Plank/Core	Leg raise-ups, core work	Plank hold (time-based)
Sprint/Carry	Not specified, but implied mobility	Sprint-drag-carry event
Run/Cardio	Not explicitly listed	Timed 2-mile run
Olympic Lifts	Clean & Jerk, Snatch included	Not part of AFT
Squat	Very high volume and weight	Not a formal event
Accessory Work	Extensive (adductors, abductors, calves)	Not part of AFT

Observations:

- The provided regimen far exceeds the minimum requirements for the new Army Fitness Test in terms of strength and muscular endurance[1] [2] [3] [4] [5].
- The program is more comprehensive and specialized than the AFT, incorporating elements from powerlifting, bodybuilding, and Olympic lifting, which are not directly tested in military fitness assessments but are valuable for building overall physical readiness.
- The lack of explicit aerobic training (e.g., running) in the log is a notable difference, as military tests require strong cardiovascular endurance.

Suitability and Considerations

For Military/Combat Readiness

- This program would prepare an individual for the physical demands of elite military roles, especially those requiring high strength and muscular endurance, such as special operations or combat arms[1] [2] [3] [4] [5] [6].
- However, to fully align with current military standards (such as the Army Fitness Test), it would be advisable to integrate dedicated cardiovascular training (e.g., running, rucking, sprint intervals).

For Civilian or Athletic Use

- This regimen is suitable only for highly advanced athletes with significant training experience and proper supervision to avoid injury.
- The volume and intensity are not recommended for beginners or intermediates.

Conclusion

The training program you provided is an elite, high-intensity regimen that exceeds the requirements of the new Army Fitness Test and would develop exceptional strength, muscular endurance, and functional capacity. To ensure comprehensive fitness, particularly for military or triathlon contexts, it would be beneficial to add explicit cardiovascular and mobility training components. This approach aligns with the holistic, readiness-focused philosophy now emphasized in modern military fitness standards[1] [2] [3] [4] [5] [6].

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Racewalking Between Exercises, Sets, and Repetitions

Incorporating Racewalking as Active Recovery

Racewalking between exercises, sets, or repetitions can serve as a form of *active recovery* within a strength or conditioning workout. This approach is supported by the concept of "cardioacceleration," where light cardiovascular activity is performed during rest periods between resistance training sets. Research and expert recommendations indicate several benefits to this method:

- **Enhanced Recovery:** Active recovery, such as racewalking, increases blood circulation, delivering more oxygen and nutrients to muscles and helping remove waste products. This can reduce muscle soreness and help muscles recover faster between sets[7].
- **Improved Cardiovascular Conditioning:** Integrating racewalking in rest periods maintains an elevated heart rate, contributing to cardiovascular endurance without the high impact of running[8] [9].
- **Increased Calorie Burn:** Keeping the body moving between sets boosts overall energy expenditure, aiding in fat loss and weight management[9] [7].
- **Functional Mobility:** Racewalking uses a wide range of muscles, including the hips, core, and arms, promoting mobility and reinforcing proper movement patterns[8] [10].

Practical Application

- Between sets or exercises, instead of passive rest, perform 30–60 seconds of racewalking at a moderate pace.
- This can be done in a gym setting by walking laps or on a treadmill, or outdoors if space allows.
- The intensity should be enough to keep the heart rate elevated but not so high as to induce fatigue before the next strength set[7].

Considerations

- For those training for specific strength or power goals, some rest periods may need to remain passive to maximize performance on heavy lifts.
- Racewalking is low-impact and joint-friendly, making it suitable for most fitness levels and a good alternative to jogging or running during recovery periods[8] [9].

Summary Table

Benefit	Racewalking Between Sets/Exercises
Recovery	Improves blood flow, reduces soreness[7]
Cardiovascular Health	Maintains heart rate, builds endurance[8] [9]
Calorie Burn	Increases total workout energy expenditure[9] [7]
Mobility & Strength	Engages hips, core, arms, and legs[8] [10]
Joint Health	Low-impact, safe for most individuals[8] [9]

Conclusion

Racewalking between exercises, sets, and repetitions is an effective strategy for active recovery, improving overall fitness, and maximizing workout efficiency while minimizing joint stress[7] [8] [9].

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1. https://www.foxnews.com/health/army-unveils-new-fitness-test-tougher-standards-could-you-pass-it
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